

## Health

Health is energy for life and living. Health is physical, mental and social. Physical health is strong structures and faultless function, and absence of disease, injury and impairment. Mental health is mind in balance with oneself and one's surroundings, and absence of mental illness and infirmity. Social health is positive, constructive relations with one's neighbours, community, and the society at large, and absence of destructive and violent thought and action.

Healthy individuals have energy for daily tasks and reserves for forthcoming challenges. Healthy individuals build healthy societies and communities. Healthy communities use their energy to develop themselves into better places for all their members. Simultaneously they respect the rights and needs of other people and communities.

## Threats to Health

Health is a continuously changing state. It is a balance between factors that worsen, maintain or improve health. Currently the most important factors damaging health in the world are deficiencies in nutrition, poor water supply and sanitation, poor hygiene, tobacco use, physical inactivity, unsafe sex, workplace hazards, alcohol overuse, air pollution, and illicit drugs. Many of these threats are well known to all of us because they are caused by external and material factors. Physical inactivity is less well known but a serious threat to health.

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